



**Coaches' Education Program  
Level 1 Online Course Reference Section  
Drill and Game Supplement**

**Ground Balls 3 Across The Field**

*Objective:*

A great drill that can be done by an individual to improve their ground ball skills in a short period of time. Very good for beginners as you introduce the skill. It gives advanced players the chance to get a lot of reps in and focus on the fundamentals.

*Suggested space needed/equipment:*

Lacrosse field

*Players needed:*

Two.

*Description of Drill-Execution*

Scooping Fundamentals (For Right Handed Scooping):

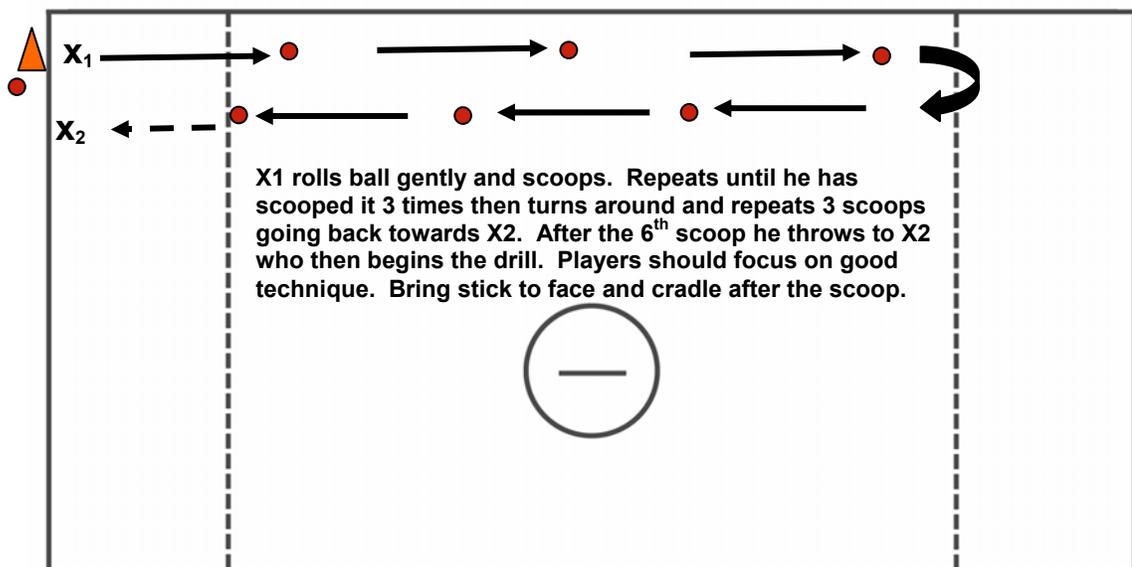
1. Hands shoulder width apart.
2. When they see the ball on the ground they yell "Ball". When the ball is scooped they yell "Break". If they don't yell these then consider having the whole team does 3-5 push-ups as a gentle reminder.
3. As they approach the ball they should get their Right foot as close as possible to the ball. This gets their body over the ball and protects the head of the stick from checks by defensive players.
4. Left hand should be at the knee or below. "Scrape the knuckles"
5. After scooping they should accelerate (to avoid the defender catching them), bring the stick up to their face, and turn in a counterclockwise arc.
6. Turning in an arc is important for younger players who hold the stick out in front after scooping because they haven't mastered the skill of bringing the stick up to the face immediately after scooping.
7. You can tell the kids to "Scoop it"; "Kiss it" (bring it to face); "Hear it" (bring the stick to the ear and protect it).
8. For Left handed scooping the Right hand will be by the knee and they will turn in a clockwise arc.

**Drill Execution:**

1. Players pair off and stand on the sideline. Player 1 gently rolls the ball out towards the opposite sideline, then runs and scoops it. Repeats until he has scooped it 3 times then turns around and repeats 3 scoops going back towards Player 2.
2. The coaches must stress to the kids that they go slowly enough so that their technique is perfect. This drill is to reinforce the fundamentals, not just "kill time". Bring stick to face and cradle after the scoop, just like in a game.
3. When Player 1 returns to the sideline Player 2 will then do the same thing.
4. To avoid confusion, I suggest that they do them all Right handed for 2 turns, then all Left-handed for 2 turns.
5. This is a good drill to do for 5-10 minutes. It involves some conditioning.

*Drill Diagram*

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*Skills practiced*

1. scooping
2. protecting the ball
3. turning in the correct arc.

*Variations/Progression/Increased difficulty (As your players improve their skills incorporate the following...)*

More drills at [www.lacrosse.org/cep/online](http://www.lacrosse.org/cep/online)

1. Pick up the pace so there is more conditioning and they learn to concentrate on the fundamentals when going full speed.
2. Introduce a spin dodge after each scoop. They must protect the stick during the dodge.
3. As they become better and getting the stick up and protected they will be able to feel the defensive pressure and turn the "wrong" way after scooping.

*Goalie involvement:*

Same as the other players.

*Related drills:*

1. Ground ball box out drill
2. Ground ball out and back
3. Ground ball with a chaser